PAGE OF INTEREST TO WOMEN

SOCIAL and PERSONAL

TELL IT TO THE SOCIETY EDITOR.

HOME ECONOMICS

MRS. ELIZABETH KENT, MacDONALD COLLEGE.

cases and the

Tuesday for Manitoba.

Miss Pearl Dwyer, who has been spending a few months at Long Beach, Los Angeles, is returning home shortly.

George McMeecham of Calgary is in the city visiting his parents and friends after an absence of twenty

Mrs. Edgar Rossie of Regina, who came east to attend the I. O. D. E. war memorial committee, is the guest of her husband's mother, Mrs. L. J. Rossie, of Thornton avenue, this city.

Mr. and Mrs. D. W. Hayes and son

Bowmanville, who sang sweetly at both morning and evening services at Dun-das Centre Methodist Church on Sunday, won great praise. Her rendering of "Like as the Hart" at the evening service, and also, by special request. "Eace to Face," was all that could be desired. While in the city Miss Cole was the guest of Mrs. John Rice.

stothers of Petrolea was united in mar-left for their recently-purchased hon rage to Fred John Walters of Tavi- of the fourth line, Sarnia Township.

MENDING THE HOUSEHOLD LINEN.

Midwinter is the best time to ove

haul the linen and to get ready for the

Part Eight.

nice things Tom Tom had given Nedart

and Fifo, and the meat scraps and more

eaten more than was good for them. It is little wonder then that they had many dreams as they lay on the doorstep that night. Foor Nodart dreamt of his home in the far north. Just as he was on the path that led to his old master's hut. Speers came along

Gentle, thorough, efficient

laundry work materially

lengthens the life of your

linen. You get this service

3881 Phones 3882.

FOREST CITY LAUNDRY

" at your service

DRY-CLEANERS & DYERS

Send it

bones they had had at Pee Wee's new

with the bones and the other

Miss Myrtle Keays of Hyde Park left stock. After the ceremony the young uesday for Manitoba. On their return they will reside on Smith street

> BURR-GILLILAND. An interesting wedding took place quietly on Monday atternoon, rebruary 23, when Miss Nora Gilliland, daughter of Mr. and Mrs. James Gilliland of Forest, was united in marriage to Fred Arnott Burr, also of Forest, and son of Samuel Burr of that place. The ceremony was performed by the Rev. A. C. Bingham at the manse, 17 Smith street. After the ceremony the popular young couple left for Hespeler to visit friends, after which they will reside near Forest.

near Forest.

DUNN-ALLINGHAM. A quiet but pretty wedding was ally large families of from ten to four-olemnized at the home of Mr. and Mrs. teen or eighteen children, owing to Mr. and Mrs. D. W. Hayes and soll fergus, formerly of this city, passed through London Monday night on their Herbert L. Clysdale, Mooretown, at through London Monday night on their Herbert L. Clysdale, Mooretown, at many to Pasadena, Cal. Mr. Hayes is a noon, Wednesday, February 18, when their sister, Eva M. Allingham, was son of the G. T. R. agent at Hamiltonian marriage to James Dunn of united in marriage to James Dunn o Mandaumin. The Wedding March was played by Mrs. S. J. Brigette. The bride, played by was given away by her brother who was given away by her brother who was given a traveling sult of navy blue broadcloth with blouse of em-broidered georgette crepe with coral bead trimmings, and a corsage bouquet of white carnations and sweet peas. of white carnations and sweet peas.

Her only ornament was a cameo lavalier, the gift of the groom. Rev. S.

J. Brigette performed the ceremony in the presence of immediate relatives and a few friends. After the ceremony

with a big white bull-terrier and carried him back to the south country. It was no wonder he was glad when he

END RACE SUICIDE BY ESTABLISHMENT OF **MOTHERS' PENSIONS**

Suggests Minister of Maternity in Canadian Govern-

will be the result?

The foreigners in our midst have usu-

see it will only be a few years till we Anglo-Saxons will be outnumbered by the children of the foreign people.

What is to be done? This is a matter of vital interest to our life as a nation. If we are to preserve our Canadian ideals we must have children to perpetuate them. There has been much talk that "to increase population, we would have to allow plurality of wives." We WALTERS—STOTHERS.

In the presence of immediate relatives and the presence of immediat an's face is set toward the rising, not the setting, of the sun, and such an idea to them is utterly abhorrent.

Minister of Maternity.

But population we must have. Why

will bring the strongest part of the sheets to the middle; the edges may then be hemmed and the sheets will war for some time longer. A three-cornered or irregular tear can be patched on the sewing machine. When beautiful linen suffers a small break, it should certainly be mended very deftly by hand, but when it has reached the stage of requiring a patch it may be mended upon the sewing machine to good advantage.

Next comes the towels. If they are

carpenter's Son," and a carpenter can susually earn a good living. He was educated and refined, He visited in the best homes, and wore the best garment of His day, the seamless robe.

The prophet said "give me neither riches nor poverty," but he wanted enough, and that is what God intended every man and woman to have that comes into this world.

"How can this be done?" I hear someone say. You forget that Christ said "The poor ye have always with you."

"The poor ye have always with you."

"The prophet said "give me neither riches nor poverty," but he wanted enough, and that is what God intended every man and woman to have that the yeast is the better. The last bread I made was from yeast six days old.

"How can this be done?" I hear someone say. You forget that Christ said "read in made was from yeast six days old."

To make bread I use a crock for the purpose, as it keeps sponge warmer and "the poor ye have always with you."

The prophet said stir well, so that the sugar is throughly dissolved, and set away in a account of how many I read.

I would like to correspond with "Only and a coount of how many I read.

I would like to correspond with "Only in a warm place to rise. I use a quart is fond of reading myself and am keeping an account of how many I read.

I would like to correspond with "Only in a warm place to rise. I use a quart is fond of reading myself and am keeping is fond of reading myself and am keeping is fond of reading myself and am keeping is throughly like to correspond with "Only in a warm place to rise. I use a quart with Miss Grey.

I think it is a good idea to send money to the S. C. H. I am very fond of chill-distinct of homedals an account of how many I read.

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I think it is a good idea to send money to the S

poor ye have always with you. That was the present tense. He did not say "shall have." He knew the time would come when we would not have them, and it will, as surely as the sun rises and sets. How will it come? The state says the child is its greatest asset.' is time the state opened its eyes and

Advertiser Patterns

Owing to the pattern manufac-turers increasing the price of pat-terns to us. all patterns advertised from this date will be 15 CENTS EACH.



A Pleasing, Comfortable House Dress. 3032—This is a good model for gingham, chambray, lawn, percale, gabardine or flannelette. The sleeve, in regular style, is roomy and comfortable at the armseye, and may be finished so that it can be turned up for convenience when working. This pattern is cut in seven sizes, 34, This pattern is cut in seven sizes, 54, 36, 38, 40, 42, 44 and 46 inches bust measure. Size 38 requires 5% yards of 36-inch material. Width of dress at lower edge is about 2 yards.

A pattern of this illustration mailed to any address on receipt of 15c in silver, or 1c and 2c stamps.

Age (if child's or misses' pattern)....

Measurement: Bust..... Waist.....

Caution: Be careful to inclose the above illustration, and send size of pattern wanted. When the pattern is bust measure, you need only mark 38, 34, or whatever it may be. When in waist measure, 22, 24, 25, or whatever self to sieep. Is there not something waist measure, 22, 24, 25, or whatever it may be. If a skirt, give waist and length measure. When misses' or child's pattern write only the figure representing the age. It is not necessary to write "inches" or "years."

Patterns cannot reach you in less than

How shall it be done? By the state

othering them.
Give us mothers' pensions.
Give us children's pensions.
Free the mother and child from povrty. Let the state assure every mother

Can we not have a minister of maternity in Canada (a woman)? Can we not lead the way in this. Then when our women know that the state will care for, educate, and clothe her child if she cannot, and give it an equal start teen or eighteen children, owing to early marriages. Our Anglo-Saxon girls usually spend from three to six years longer at school than the foreign girls. After the war, these nations who have fought with us the battle for freedom, will come to our shores, and anyone can see it will only be a few years till we Anglo-Saxons will be outnumbered by the children of the foreign people. What is to be done? This is a matter of vital interest to our life as a nation. long struggle for existence from baby-hood up, to lay down their lives for that state, which has done little or nothing to alleviate their misery, or give them a fair chance in life.

Protect Mother.

The motherhood of the future must be lifted to a height never yet at-tained. The state must recognize her value by protecting her in her hour of greatest need, and then saying to her definition of the state will care for your child. You shall rear it, but the state assures you of plenty of food, clothing, a home, and education for that being, without which the state would need to be state to the state would need to the state of the state would need to the state of the st would not exist—the boy and girl."
Why not a minister of maternity? We have a minister of railways, and ministers of finance, of education, of agriculture, and ministers of fisheries, but none for the protection of the race. none for the protection of the race. Surely our boys and girls are of as much value as the fish. All of these officers do benefit the race, but why not a minister of maternity to care for and protect the boys and girls physically and mentally, that our race may excel.—Women's Century.

reached the stage of requiring a petch it may be mended upon the sewing make mended upon the sewing person to stand the extreme of either. There are too many the make mended upon the sewing person to stand the extreme of either. There are too many the make mended upon the sewing person to stand the extreme of either. There are too many the make mended upon the sewing person to stand the extreme of either. There are too many the make mended upon the sewing person to stand the extreme of either. There are too many the make mended upon the sewing person to stand the extreme of either. There are too many the make mended upon the sewing person to stand the extreme of either. There are too many the make mended upon the sewing person to stand the extreme of either. There are too many the make mended upon the sewing person to had to for the making and the make mended upon the sewing person to stand the extreme of either. There are too many the make mended upon the sewing person the there the make many the make the form the make mended upon the sewing the mak

Add yeast to water until you have

three pints. Place on stove until lukewarm and pour into warmed crock or pan. Then add two level tablespeens of brown sugar, two lard and two heaping tablespoons salt. Beat in flour that has been setting near stove or heater Let the state assure every mother that the children brought into her home shall be clothed, fed and educated.

Take Away the Worry.

Take away the worry and anxiety from the mother's heart, and see what happens the race. If we can give the mother and child help in the midst of all our enormous expenses in equipping men for the front, and for shot and to kneed the second again and the should be light enough to kneed the second again and keen that the state are store or heater over night. It must be both dry and warm to make good bread. Make a batter and beat exactly three minutes the second of the happens the race. If we can somether and child help in the midst of all our enormous expenses in equipping men for the front, and for shot and shell, can the state not do as much for the "brave little soldier who goes into a battlefield alone and faces death without a murmur, that men may live, and out a murmur, that men may live, and fingers. Never use the palms of the hands. Never mix on a board; just knead in crock ten minutes, no longer. knead in crock ten minutes, no longer. Set to rise, and if specially good bread is wanted do not allow bread to rise too much and mix the second time just one-half minute. Let rise again and put in greased pans. Use no flour this time, but grease the hands to prevent sticking. Do not make large loaves, as bread will be better in smaller loaves. You who have oil or gas stoves, place the bread when twice its size in a moderately hot oven and when risen to two and a half times its size when

placed in the pans, turn on the heat and bake until done. I bake mine one hour, and some times an hour and a quarter. Grease the loaves with butte and never cover bread until perfectly and never cover bread until perfectly cool. It is utterly impossible to have a failure if this recipe is followed exactly. Of course, it is necessary to have good bread figur. To tell good flour put your hand into the mass and tightly squeeze a handful, then throw the lump back into the flour and if it remain in a lump the flour is no good, if it crumbles up it is good bread flour. If anyone tries this and makes a failure please write Cynthia Grey. You simply can't make poor bread. Before I tried this recipe I would sometimes have

raise turkeys.

We have raised turkeys as long as I can remember and have had no trouble whatever. We take care of them for three or four days, that is feed them hard-boiled eggs and oat-

Dr. Brady will answer all signed letters pertaining to health. Writers' names are never printed. Only inquiries of general interest are answered in this column, but all letters will be answered by mail if written in ink and a stamped, self-addressed envelope is inclosed. Requests for diagnosis or treatment of individual cases cannot be considered. Address Dr. William Brady, in care of this corns.

Save the Wrapper. IX-Good Skin Oil. I have expatiated in several talks drops of absolute alcohol added and upon the importance of the natural (Alas, this is another job for a pharma cist, not for a cook.) sebum or skin oil secreted by the sebaceous glands of the skin and scalp, Non-Fat-Producing Foods.
You answered a letter in the paper and gave some reader a list of non-fat producing foods. In the same general way will you kindly give me a list of fat-producing foods. (L. M. B.)
ANSWER—Subtract the foods I listed for the fat woman from the foods ordinarily served on the table and you have and the importance of this oily sub-

stance in keeping the skin soft, clean, smooth, warm and beautiful. It is equally important in keeping the hair clean, lifelike and beautiful. clean, lifelike and beautiful.

A great many young women—the most guilible of the credulous sex—ruin their complexions and injure their hair by using cosmetics which destroy the natural skin oil. A great many others make the mistake of attributing imaginary beautifying effects to all sorts of greasy and greaseless cosmetics and adding fuel to the fire in the way of too much oil at a time of life—youth—when the natural secretion of the sebum is likely to be a little excessive. A young woman has to excessive. A young woman has to be slightly above the moron grade of ntelligence in order to realize that she be based upon ideas of this kind,

intelligence in order to realize that she can't feed her face except through the esophagus.

As we begin to get along, not so much in years as in dignity, let us say, that false dignity which makes us old before our time, we tend to dry up. The skin and hair are less oily than in earlier years, and various skin and scalp troubles due to or attended by excessive dryness or a lack of skin oil add to our constantly increasing collection of tribulations.

be based upon ideas of this kind, but rather the nutritive value of the total amount of food ingested each day is to be regulated, the total quantity of food increased.

Fresh Air.

Which is better for a girl with TB—to sleep in a hot air furnace heated room with windows open or a cold room with windows closed? (Miss S. M. J.)

ANSWER—Always have the windows open, but always sleep comfortably of skin oil add to our constantly increasing collection of tribulations.

What kind of grease or oil is best to apply to skin or scalp to relieve this senile state?

ANSWER—Always have the windows open, but always sleep comfortably warm. This applies not only to one with tuberculosis, but to everyone.

this senile state?

All sorts of preparations have been suggested and used with more or less satisfaction. As I have said in an earlier talk in this series, freshly made cold cream, prepared by a skilled pharmaclst on order, after the formula and method given in the U. S. Pharmacomethod given in the U. S. Pharm macist on order, after the formula and market of order, after the formula and method given in the U. S. Pharmacopoela for Ointment of Rosewater (Unguentum Aquae Rosae), which is the official name for cold cream (Readers will please not ask me to give the recipe for cold cream for it can't be satisfactorily made except by

as Miss Prinkle Primps calls 'em).

QUESTIONS AND ANSWERS. Sesame Oil for the Skin and Scalp. A famous skin specialist, Van Harlin-

Potassium sulphurated ... 1 dram Zinc sulphate ... 1 dram Rosewater ... 4 ounces To be applied at night, following a

narily served on the table and you have left the fat-producing foods, in so far as any particular foods may be so designated. Of course, butter, fresh milk, cream, pork, bacon, ham, fat meats and gravies, sugar, candy, bread,

taters, lard, cod liver oil are all rather concentrated nutriment. Yeast is very

nutritious and in some cases seems to stimulate nutrition and gain in weight. A diet adopted with the view to increase or reduce weight should not

can't be satisfactorily made except by the pharmacist.)

The drawback about artificial skin oils, as compared with the natural sebum, is that they do not last as long on the skin. They dry up too quickly, or disappear by attrition or something—of course, no oil applied to the skin is absorbed in any appreciable amount, contrary to a popular fancy. One should use any such oil sparingly, not in sufficient amount to make the skin unpleasantly greasy. It has been estimated that the normal daily average quantity of sebum secreted by the skin is about a teaspoonful. Therefore apply oil sparingly, but often.

Oleum sesami U. S. P.) is perhaps the best of all artificial skin or scalp oils because it is slowest to dry away. It because it is slowest to dry away. It might say, suggest that a woman of

ful. Therefore apply oil sparingly, but often.

Oil of sesame (teel oil, benne oil, olleum sesami U. S. P.) is perhaps the best of all artificial skin or scalp oils because it is slowest to dry away. It was used by the Persians and the Egyptians, and still is used by the modern Arabs both as food and as a beautifier of the skin. Since it does not dry, sesame oil cannot clog the oil ducts or hair follicles (the pores, as Miss Prinkle Primps cails 'em).

women of your height and age is 153 pounds; add not more than ten per cent for good looks, and that makes 168 pounds. So you had better keep on and knock off 12 more pounds. May I not, as a certain 'very good schoolmaster might say, suggest that a woman of your height and age is 153 pounds; add not more than ten per cent for good looks, and that makes 168 pounds. So you had better keep on and work in the light say, suggest that a woman of your height and age is 153 pounds; add not more than ten per cent for good looks, and that makes 168 pounds. So you had better keep on and work in the light say, suggest that a woman of your height and age is 153 pounds; add not more than ten per cent for good looks, and that makes 168 pounds. So you had better keep on and work in the light say, suggest that a woman of your height and ten per cent for good looks, and that makes 168 pounds. So you had better keep on and work in the light say, suggest that a woman of your height and ten per cent for good looks, and that makes 168 pounds. So you had better keep on and work in the light say, suggest that a woman of your height and not pounds. So you had better keep on and work in the light say in th tite with less food. Rearrange meals taking the sweet or dessert first—
it diminishes the appetite for other
items on the bill of fare.

Husbands, Take Warning.

I have recently been married and after our marriage I found that my husband snores dreadfully at night. I makes me feel so bad that I cry myself to sleep. Is there not something that will prevent this awful condition?

Mail-Box very much. I have written before, but do not like to come without I can help a little. I read where Elizabeth asked for a couple of songs, so I copied them, hoping I am first. I, also, am a lover of flowers. If small white worms are in the earth of your plants, put several matches in the soil heads down, and it will kill the worms without hurting the plants. Inclosed you will ... id ten cents for Sick Children's Hospital. I do not need the S. F. P. pital. I do not need the S. F. P. E. T. C. H.

Our mail comes to the door now, but Our mail comes to the door now, but I have walked two and a half miles for it through the snow when it was 40 below, and enjoyed the walk, too. I will just return your compliment. Pussy Willow; you're a reminder of spring yourself; also I thought March Wind very original. So she is your aunt; well, well, I wonder who we all are? I would second the motion of a convention. Wouldn't it be fun. As Ura Kid tion. Wouldn't it be fun. As Ura Kid says, all in favor say "Aye SRPING.

To Make Headcheese.

Here is a kiss for the dear old lady of 84, who still enjoys doing a bit of sewing. Would any of the Boxites like to try making headcheese?

Headcheese—One shank beef, one head, put shank into vessel large enough to permit being covered with a

enough to permit being covered with a lid; let boil gently until meat falls away from bone; pig's head must be served in same way, having first been well cleaned and cut into pieces, peel the tongue after boiling; now after all is boiled long enough, lift parts carefully onto large platter and cut up fine. removing all bones: after cutting up fine put back into the liquid and stir through salt and pepper. Now allow the whole to become thoroughly heated, then put into greased pans or bowl, set away to cool. In the boiling process, shank and head need to be almost covered with water, do not be too generous with the water. We make ples of headcheese, flat pies with cover over top like MISS PEPPERY. dinary apple pie. Mere Man Likes Mail-Box.

Mere Man Likes Mail-Box.
There seems to be a charm about your page that lures me into this circle, like a moth to a bright, dazzling light, and then I am caught up in fancy and whirled away with the winds into oblivion. Honestly, this page is becoming so helpful and friendly that I always turn to it first and give the sport page second choice. Consider my attraction. I feel like congratulating you, Miss Grey, for adding such an interesting page to the paper. It was can't make poor bread. Before I tried this recipe I would sometimes have good and more often horrible bread, but have never had one batch of poor bread, not even with the war flour since using the above recipe.

FARMER'S WIFE.

COSY CORNER CHATS.

This is my first appearnace in the Mail-Box, although I have been a silent and interested reader. I noticed where a party was inquiring how to raise turkeys.

We have raised turkeys as long as I can remember and have had no trouble whatever. We take care of them for three or four days, that is feed them hard-boiled eggs and oatfetch of the paper. It was very kind of "Margaret" to invite us back for a second visit. I notice that "Dere Mable" is having her own troubles in solving a "Real Mystery." I would like to come to her aid and dare "Curly Head" to write. Perhaps "Dere Mable" is an expert judge of character by handwriting. By the way. Miss Grey, I would like to come to your aid as well. I notice several requests to judge character by writing. If these Mail-Box friends will write of birth and address, plainly, in their own writing, I will be more than pleased to satisfy their curosity. Trusting I have not stayed too long this time, and wishing you every success

time, and wishing you every success with this page. I remain that same interested MERE MAN.

read the signs of the times. Sho Paddy lit lightly of "Tara's Halls." "The Little Isle So Green," we di near, for blarney dripped swaptly w the brogue, and the elders knew that just the proper amount of Hiram Walker's best had been dealt out at the village "beyont" to make him an agreeable lodger for the time being.

Sought Cover.
Should Paddy arrive orating to himself on the Irish question, home rule, or the battle of the Boyne, every child sought cover like a quail. The shill his knotted fingers would be made to spin like a toy, and it behooved every man to tread gently on Pat's A bundle dangling in a red bandanna

Official Reduction On All Suits

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COOKERY COLUMN

COCOA PIE

4 tablespoons Cowan Cocoa 3 tablespoons cornstarch of % cup flour

11/2 cups hot milk 1 tablespoon butter

14 teaspoon salt 1 teaspoon vanilla)

1. Heat milk. 2. Mix cornstarch, sugar, salt

and cocoa.

3. Add gradually to hot milk.

4. Cook over hot water 45 minutes.

5. Beat egg yolks slightly, add and cook a few minutes. utes longer.

6. Fill baked crust cover with

meringue made of beaten whites and two table-spoons icing sugar. Brown in oven.



"Mother said I could" The little ones think there is nothing so good as Pure Gold Quick Puddings. They want them "between meals" as

well as at dinner-time. The grown folks share their enthusiasm too. The inviting appearance and delicious flavors of Pure Gold Quick Puddings are a constant source of delight. Keep a supply in the house and serve them often. They're so wholesome—

easily prepared - and enjoyed by everyone. Tapioca, custard and chocolate, 15c. a package at all grocers.

Pure Gold Desserts

QUICK PUDDINGS

Pure Gold Mfg. Co., Limited

LAZY BOYS AND GIRLS

Don't scold them-the chances are they are undernourished. They have plenty to eat, but not enough real food-the kind that builds bone, tissue and brain. **Shredded Wheat Biscuit** is all food. It is 100 per cent whole wheat, nothing wasted or thrown away. It is a food that gives strength and health to youngsters and grown-ups. Aboon to mothers because so easy to serve. Two of these little loaves of baked wheat with hot milk make a nourishing meal.



with O-Cedar Polish. There can be no finer Polish for any varnished surface. It may be used on any surface even on your piano-with perfect confidence. The Mop is scientifically designed. Made of Steel it is so constructed that perfect "centre pressure" is obtaineda feature important to good floor pol-Use it on any floor-whether varnished hard wood; painted, oiled or stained soft wood—also on oilcloth and linoleum. Use it, too, for dusting and polishing wood-work and stairs-

O-Cedar Polish 25c. to \$3.00 sizes. Both at





thus you may avoid much stooping, bending and reaching. O-Cedar Polish Mop (round or triangle) Price \$1.50. The handle—54 inches long—is

"California Syrup of Figs"

Mother! Watch Child's Tongue!

For a Child's Liver and Bowels

Mother! Say "California," then you will get genuine "California Syrup of Figs." Full directions for babies and children of all ages who are constipated, bilious, feverish, tonguecoated, or full of cold, are plainly printed on the bottle. Children love this delicious laxative.